

# GRAPE JUICE

## CANNED, UNSWEETENED

for use in the USDA Household  
Commodity Food Distribution Programs

03/27/01

### Product Description

Canned unsweetened grape juice is 100% juice, with no added sweeteners. This juice has been fortified with vitamin C.

### Pack/Yield

The juice is packed in 46-ounce cans, which provide 7  $\frac{3}{4}$ -cup (6-ounce) servings.

### Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- For **best quality**, unopened cans of grape juice should be used within 12 to 18 months.
- Store leftover grape juice in a covered container and refrigerate. Use within 5 to 7 days.

### Uses and Tips

- Blend grape juice with fresh fruit, yogurt, and ice to make a fruit smoothie.
- Mix  $\frac{1}{2}$  cup juice with  $\frac{1}{2}$  cup sparkling water for a sparkling soda.
- Fill an empty ice tray with grape juice to make frozen juice pops.

*(See recipes on reverse side)*



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### Nutrition Information

- **Grape Juice** is low in fat and sodium.
- One serving of grape juice provides 75% of your daily value for vitamin C.
- A  $\frac{3}{4}$ -cup serving of grape juice provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

#### Nutrition Facts

Serving size  $\frac{3}{4}$  cup (177ml)  
canned grape juice

#### Amount Per Serving

<b>Calories</b>	115	<b>Fat Cal</b>	1
<b>% Daily Value*</b>			
<b>Total Fat</b>	.1g		<b>1%</b>
Saturated Fat	0g		<b>0%</b>
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	5mg		<b>0%</b>
<b>Total Carbohydrate</b>	28g		<b>9%</b>
Dietary Fiber	<0.5g		<b>0%</b>
Sugars	26g		
<b>Protein</b>	1g		
Vitamin A	0%	Vitamin C	75%
Calcium	1%	Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Grape Table Syrup

1¼ cups grape juice  
1½ cups sugar  
¼ cup corn syrup  
1 tablespoon lemon juice

1. Combine all ingredients in a small saucepan.
2. Bring to a rolling boil; boil 1 minute.
3. Remove from heat, skim off foam.
4. Cool and store in refrigerator.

*Recipe provided by Meadowmere Farm*

Delicious served over ice cream or on pancakes.

**Makes about three cups: 24 2-tablespoon servings**

### Nutrition Information for each serving of Grape Table Syrup:

Calories	64	Cholesterol	0 mg	Sugar	14 g	Calcium	0 mg
Calories from Fat	0	Sodium	0 mg	Protein	0 g	Iron	0 mg
Total Fat	0 g	Total Carbohydrate	16 g	Vitamin A	0 RE		
Saturated Fat	0 g	Dietary Fiber	0 g	Vitamin C	2 mg		

## Creamy Grape Pie

1¼ cups grape juice  
3-ounce package lemon gelatin  
¾ cup sugar  
1 cup chilled low-fat evaporated milk  
1 tablespoon lemon juice  
Baked 9" pie shell

1. Dissolve gelatin, using boiling grape juice instead of water.
2. Mix in sugar. Chill mixture until almost stiff.
3. Whip evaporated milk and lemon juice until soft peaks form.
4. Pour over gelatin mixture and beat slowly until blended.
5. Pile into pie shell.
6. Chill until firm. Garnish with whipped cream if desired.

*Recipe provided by Welch's*

**Makes 8 servings**

### Nutrition Information for each serving of Creamy Grape Pie:

Calories	279	Cholesterol	2.4 g	Sugar	27 g	Calcium	91 mg
Calories from Fat	75	Sodium	194 mg	Protein	4 g	Iron	.7 mg
Total Fat	8.4 g	Total Carbohydrate	47 g	Vitamin A	24 RE		
Saturated Fat	2.3 g	Dietary Fiber	0 g	Vitamin C	12 mg		

## No-Cook Grape Candies

¼ cup butter  
1 pound confectioner's sugar  
½ cup finely chopped walnuts  
½ cup grape juice  
4 ounces semi-sweet chocolate pieces  
2 tablespoons butter

1. In a bowl, combine butter, confectioner's sugar, walnuts, and grape juice.
2. Work into a smooth ball with hands.
3. Shape into 36 1-inch balls, set aside.
4. Melt chocolate pieces and butter together.
5. Dip balls into melted mixture and place on waxed paper.
6. Chill.

*Recipe provided by Welch's*

**Makes 36 pieces of candy**

### Nutrition Information for each serving of No-Cook Grape Candies:

Calories	92	Cholesterol	5.4 g	Sugar	13 g	Calcium	2 mg
Calories from Fat	34	Sodium	20 mg	Protein	0 g	Iron	.1 g
Total Fat	3.8 g	Total Carbohydrate	15 g	Vitamin A	19 RE		
Saturated Fat	1.8 g	Dietary Fiber	0 g	Vitamin C	0 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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